



Minot reclaims Blanchard trophy

By Airman 1st Class Katie Booher

Minot Air Force Base Public Affairs

MINOT AIR FORCE BASE, N.D. – The 91st Space Wing carried the gold as they stepped off the plane with the Blanchard Trophy in tow as the Air Force's best missile wing after winning the Guardian Challenge space and missile competition May 7 at Vandenberg Air Force Base, Calif.

The Rough Riders went up against the Grizzlies of the 341st SW from Malmstrom AFB, Mont., and the 90th SW Wranglers from F.E. Warren AFB, Wyo., for the best intercontinental ballistic missile wing honor.

Chief Master Sgt. Arvin Davis, 91st SW command chief, said this year's team was committed and it paid off in the end since the wing and some individual teams took home trophies.

"Our entire Guardian Challenge team gave it 200 percent," he said. "It's a perfect example of how heart, dedication and hard work can carry you straight to the top."

For the competition, the 91st Space Wing boasted experts from the wing's security forces, chefs, missile maintenance, missile opera-



The 91st Space Wing "Rough Riders" from Minot Air Force Base, N.D. gather their bully sticks together for an inspirational cheer after arriving at Vandenberg Air Force Base, Calif., on May 2, 2004, for Guardian Challenge. (Photo by Staff Sgt. Jennifer C. Wallis)

tions and missile communications, code controller, electronics laboratory, helicopter operations, pneumatics and facility maintenance agencies.

At the awards ceremony May 6, individuals from the Rough Riders came away with the best missile communications team, best security forces team, best missile maintenance team, best missile operations crew and best missile operations team trophies.

One of the biggest Rough Rider supporters during the week was the team mascot, Teddy Roosevelt, played by

Tech. Sgt. Dave Larrison, 91st Operations Support Squadron. Leading the team in motivational cheers, he stood out from the competitors in his cowboy boots and hat with a 45-caliber black powder pistol hanging at his side.

"It's great to be part of a winning team. I almost feel like the real Teddy Roosevelt when he charged up San Juan Hill," he said as he reflected on his name sake's famed attack during the Spanish American War.

Tech. Sgt. Jeffrey Brooks, missile communications squadron team trainer,

said it was an incredible feeling to take back the overall trophy from Malmstrom, who won it in 2002.

"To win the Blanchard, that's the biggest award possible," he said. "It's a great feeling, and we're just totally excited."

Throughout the week, after the competitions were over for the day, the team participated in various fun events, including a dinner at a classic car museum in Buellton, Calif., a curtain raiser party put on by the contractors at the base and a tri-tip dinner during the awards ceremony.

Personal risk management and hog farming

By Maj. Mark C. Murphy
23rd Maintenance Squadron
commander

POPE AIR FORCE BASE, N.C. – One of the advantages of growing up on a hog farm is that education comes quickly and lessons have a way of staying with you forever. The following is absolutely true.

One blustery spring day when I was about 12, my father asked my brother and me to take the manure spreader out and unload it on the fields. The manure spreader is a big wagon pulled behind a tractor. As you drive, a powered conveyor system pushes the wagon's contents into steel beaters that spin rapidly, throwing wet, sloppy pig waste high in a big brown fan shape in every direction behind you.

You can spray half a ton of the stuff in about two minutes. When you're a 12-year-old guy, this mechanical marvel represents the pinnacle of engineering achievement.

On this particular day, my brother drove the tractor and I sat on the fender next to him. Our lad had been fermenting in a pile behind the barn for about two months. All went well on the first pass across the field, although the 30-knot headwind made us squint a bit. We reached the end



of the field, cut power to the spreader, kicked the left brake, spun the tractor around 180 degrees, lined up for a return pass and turned the power back on.

Did I mention the headwind? At this point it became a tailwind. We were instantly engulfed in a slimy brown monsoon. We panicked.

My brother's first instinct was to kick in the clutch, which simply stopped us from moving forward and made things worse. He quickly realized his mistake and made another by letting it go with a lurch, sending us careening wildly across the field because steering was now low on the priority list.

Arms and legs thrashed everywhere as

we both fought each other for the controls, trying to shield our eyes and bumping heads while fumbling for the now-slippery power take-off lever between the pedals. Opening one's mouth to speak was out of the question. By the time we got things shut off, we were full, and the spreader was empty.

Mom made us strip down on the porch. Dad eventually quit laughing and made us wash the tractor.

That was the day I learned a valuable lesson about personal risk management. My brother and I hadn't properly assessed the situation ahead of time or considered the possibility of anything going wrong. Had we done so, we might have driven a different path that didn't put the

wind behind us, worked out emergency procedures to delegate tasks and prepare for a rapid shutdown, spent more time becoming proficient with the tractor's controls and worn rain gear.

Instead, we smugly headed for disaster, confident in our abilities and worry-free because nothing had ever gone wrong before.

So far in fiscal 2004, Air Combat Command has lost 14 of its members to mishaps. Most of those could have been prevented if people had applied PRM principles and thought things through before proceeding. People don't wrap cars around trees because they think they're poor drivers; they do it because they think they have everything under control and find out too late that they don't.

My father didn't call it PRM, but he summed it up simply: What is the cost of being wrong? Take a look at the whole picture when you're doing something risky, and consider the cost if something unforeseen happens or you're not as good as you think you are.

If you're not willing to pay that bill, look for ways to do it smarter so the cost goes down. Take it from me: Sometimes that bill isn't what you think it is.

Remember our country's heroes

By Lt. Gen. Bruce Carlson
8th Air Force commander

A few weeks ago we remembered the 60th anniversary of the D-day invasion. How fitting it is that we celebrate the birth of our country with the sacrifices of those Airmen, soldiers, sailors and Marines still fresh in our minds.

Let us not forget that our nation was forged by noble ideas, as well as violent battles. On this date, 228 years ago, members of the Continental Congress met on a sweltering July day in Philadelphia and made a courageous decision that changed the course of history ... they adopted the Declaration of Independence.

Thomas Jefferson wrote the words that formed the soul of this great nation – declaring that all men are “endowed by their creator with certain unalienable rights, that among these are life, liberty and pursuit of happiness.”

Founded on these principles, America has lived in freedom for more than two centuries and now

stands as the flagship of democracy for the entire world. Other nations look to us as a beacon of hope and welcome the chance to taste the same freedom and liberty that we cherish so dearly.

But that freedom has not come without sacrifice. Many before us have paid with their lives so we could enjoy those liberties. Many of the “Mighty Eighth” family are among those who championed democracy.

Now is the time to salute those brave patriots. This holiday is not just about barbecues, flags or fireworks; it’s also about remembering those who gave of themselves so we can live in a free society. It’s about recommitting ourselves to the values of our country’s forefathers and the spirit of our great nation.

Each generation has a



liberty and independence.

Former President Ronald Reagan said it this way, “It is up to us...to work together for progress and humanity so that our grandchildren, when they look back at us, can truly say that we not only preserved the flame of freedom, but cast its warmth and light further than those who came

before us.” responsibility to remember and to carry the torch of freedom to the next generation. Today, members of the “Mighty Eighth” are working together for the cause of freedom, both at home stations and on deployments across the globe. Your nation owes you its gratitude and unwavering support. Freedom does come with a price, and it is evident by your actions that you have paid that price in defending our nation’s

before us.”

So on this most American of holidays, let us not only celebrate the liberty we enjoy as Americans, let us also celebrate those who defend them. May we always remember the heroes who have gone before and the heroes who still stand watch today. I thank you and your families for your outstanding service in defense of America’s freedom.

God bless our great nation!

The “Mighty Eighth” Voice

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E-3 modified for wider detection

By James Grimes
OC-ALC Public Affairs

TINKER AIR FORCE BASE, Okla. — Skeptics said it couldn't be done. To which the Radar System Improvement Program team replied, "Watch us!"

By December, all 33 of the Air Force's eyes in the sky will have an eight-fold increase in their ability to detect cruise missiles and a 200 percent greater fighter coverage volume.

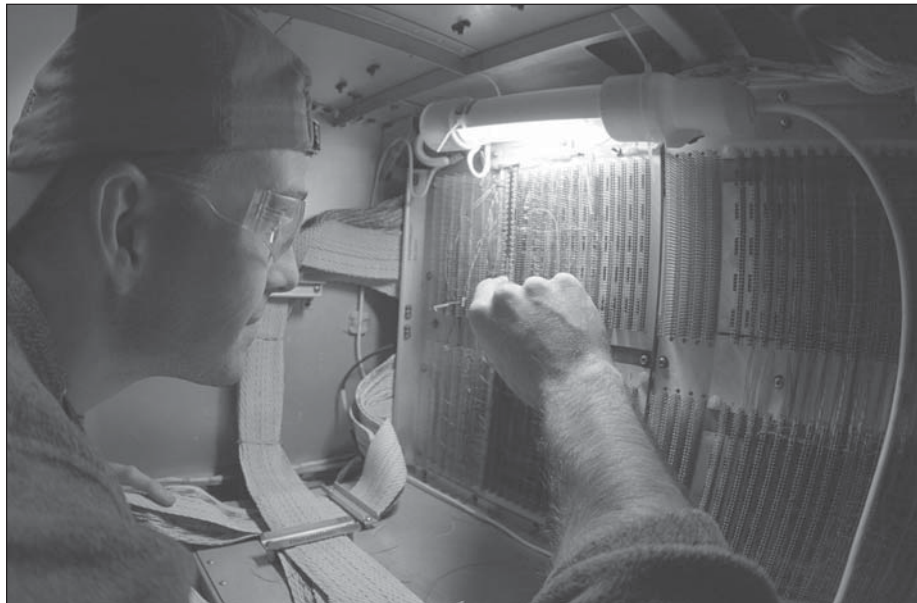
Simply stated, "the sooner we see them, the better we can react to them," said Brent Rollings, team lead and acting section chief in the Product Support Directorate.

The RSIP modification on the fleet of Airborne Warning and Control System aircraft — installed during programmed depot maintenance or on a speedline at the Oklahoma City Air Logistics Center — is winding down ahead of schedule and at a substantial cost savings to the government.

The first modification required 72 days to install, said Capt. Michael Tyler, E-3 Modification Program manager. By leaning the process, the Aircraft Division brought the average down to 47 days.

"Our mission is to provide capabilities to the user when they need them so they can capitalize on the latest technology," Capt. Tyler said.

The accelerated schedule is the work of a team drawing members and expertise from the ALC and 552nd Air Control Wing at Tinker, Warner-Robins ALC in Georgia, Air



Working inside a cabinet removed from the E-3 Sentry aircraft, Avionics Technician Scott Tarkington identifies pins in his detailed wiring work as part of the Radar System Improvement Program modification. (Photo by Margo Wright)

Combat Command, Electronic Systems Command at Hanscom Air Force Base, Mass., Boeing and Northrop-Grumman. Earlier this year, the team traveled to the Pentagon in Washington, D.C., to accept the Air Force Productivity Excellence Award for their work.

"I think this is very good for the ALC. It's good for our management to win this type award and good for the ALC to be recognized at the Air Force level," said Mr. Rollings. "We knew we were doing really good things. But we never dreamed we would win."

The PS role included working with the contractors to "get the mod to the wing quicker."

"We're fortunate. Our customer

sits right across the ramp from us," Mr. Rolling said. "It builds team perspective; it's just a matter of going face to face. How can we do our job better? How can we help you to do yours?"

Mr. Rolling described the modification as "very complex." It involved changing out the main computer aboard the aircraft and installing a new console. RSIP development dates to the mid-1990s, he said, and the first installation was in 1998. Following Kosovo, the secretary of the Air Force ordered the installations be speeded up and set a completion date in February 2005.

The sense of urgency was felt everywhere, Mr. Rollings said, and more than one E-3 was actually prepped for the modification while in a war zone.

"RSIP doesn't fail as often and the reliability is much greater than the old system," Mr. Rollings said. "It's a 'Go' or 'No Go' to go to war."

"Our mission is to provide capabilities to the user when they need them so they can capitalize on the latest technology."

Capt. Michael Tyler
E-3 Modification Program manager

Breathing Easy

Beale AFB wins environmental Clean Air Award

By Airman 1st Class Joseph De Vega
9th RW Public Affairs

Beale won the Feather River Air Quality Management District Annual Clean Air Award recently at the Yuba County Government Center.

The award was granted to Beale because of the proactive efforts of the base to reduce its nitrogen oxide emission by more than 25 percent.

"This award is important because it represents many initiatives over several years," said Lt. Col. Nannette Benitez, 9th Mission Support Group deputy commander. "I commend Team Beale, especially the 9th Civil Engineer Squadron environmental flight for the award."

Federal air permit Title 5 classification are granted to an entity that is a major source of air pollutants that exceeds 100 tons of emissions. Every time there is a facility with this classification, the Federal Environmental Protection Agency, California EPA and the local agency, which is the FRAQMD, will have to inspect and oversee the facility operation every month.

"The base has saved more than \$100,000 a year since getting out of title 5 classification," said Edison Wong, 9th CES air quality manager. "It decreased the amount of visits from the three agencies,



Master Sgt. Richard Ramos, 9th Civil Engineer Squadron power production superintendent, checks the operation of the power plant at Beale Air Force Base, N.D., as part of the air quality inspection practices on base. Edison Wong, 9th CES air quality manager monitors the checks. (Photo by Airman 1st Class Joseph De Vega)

which sometimes interferes with some of the base operations."

The FRAQMD award recognizes an air pollution contributor that demonstrated a dedication to reducing air emission. The environmental flight air quality manager worked with the local regulator to set an amount of material for each squadron to use to get out of title 5 classification.

"By self discipline, we limit the amount of materials each squadron uses for their operation that causes air contaminants," said Wong. "By doing this, we were able to avoid fines, which cost about \$27,500 per piece of equipment, per day."

Beale also earned the award by updating all operating air permits. The base has reduced the number of permits from 33 to 21, which saves the base money normally spent on renewing these permits.

"By working with a local environmental engineering consultants and squadron shop supervisors, we recalculated all the criteria pollutants by category to revise all the air permits," said Wong. "With only 21 permits, we were able to cut down on record keeping and monitoring, which saves the Air Force money."

The base also replaced old boilers and stationary internal combustion engines like gen-

erators, power plants, and heating ventilation and air conditioning equipment, thus further lowering the NOX emissions.

"We replaced the old equipment with energy efficient ones that not only saves energy but also reduces pollution emission," said Wong.

The base also established programs to reduced vehicle emission by obtaining electrical vehicles and organizing a car pool program.

"We anticipate buying more electrical vehicle in the coming years," said Wong. "We also have an active car pooling service on base and the first sergeants are advertising this to reduce air emission and for people to save money on high gas prices."

In addition, Team Beale uses a new jet fuel, JP7, which was able to get 36 tons of volatile organic compound credit with the local regulator.

"We need extra credit in case there is any expansion in our operation," said Wong.

Overall, the base is in compliance with all 21 permits it hold now, which makes it a safe environment to live in.

"Beale is in excellent shape in terms of air quality," said Wong. "I would like to continue with the proactive approach to work with the regulator, so we accomplish the mission and make future expansion."

Integration a center theme to Spiral 3

By Daryl Mayer
ESC Public Affairs

With the successful conclusion of Joint Expeditionary Force Experiment Spiral 3, the stage is now set for the largest battle management command and control experiment ever.

JEFX '04, the Air Force's premier experimental venue for groundbreaking command and control technology and processes, involves forces at bases across the United States and includes personnel from the United Kingdom, Australia and Canada. The main experiment is scheduled for July 19 to Aug. 6.

The JEFX 04 experimental environment encompasses the entire command and control constellation. One large portion of it centers on the experimental Combined Air Operations Center at Nellis AFB, Nev.

This center, designed and built by a team of military, government civilian and industry engineers from the Electronic Systems Center's C4ISR Enterprise Integration office Experimentation division, uses the latest technology to create a "near-future" CAOC. Innovations from JEFX '04 are expected to arrive in the field over the next six to 18 months.

Spiral 3, which officially wrapped up May 27, is often referred to as the "dress rehearsal" for the main experiment.

"This is without a doubt the best Spiral 3 event we've ever had," said Clif Banner, JEFX '04 Chief Engineer and a veteran of all five previous experiments.

"Where Spiral 2 is all about setup and installation, Spiral 3 focuses on integration," said Maj. Joseph Murphy, Spiral 3 team leader. "We look for the seams and then concentrate on fixing them."

Spiral 3 began with some additional training needs and then launched into the scenarios. During this portion, AOC operators from the 8th Air Force put the tools and the procedures to use through the hectic pace generated by simulated wartime operations.

"We set the stage for the 8th Air Force to learn how to use these tools. Because we were successful with installation and integration, they could focus on developing tactics, techniques and procedures," said Major Murphy. "From a systems viewpoint, we provided; now, from an operational viewpoint, they can refine."

"We think we have a good product," said Carmen Corsetti, lead MITRE engineer with the ESC Experimentation division. "Now,

we have to do the polishing."

Ultimately, tools and procedures are just the means to an end.

"We are aiming to deliver the capabilities defined in the experiment initiatives," said Mr. Banner. "We may need to tweak the tool or find a new way to make it deliver the data we want in the format we need."

The key, all agree, to the success of the experiment and indeed to maintaining an overwhelming and decisive advantage over the nation's adversaries is integration.

"JEFX affords us a tremendous opportunity, and we do see it as an opportunity."

Col. Peter Axup
ESC Experimentation Division chief

The systems developed by ESC were designed to integrate within the initiatives as well as between the initiatives," said Lt. Col. Martin Kendrick, ESC JEFX '04 program manager. "One particular method of doing this utilizes the MITRE-developed Cursor on Target."

Cursor on Target uses Extensible Markup Language, or XML, to share critical bits of data, such as what, where and when, between disparate systems.

"XML allows different systems with different functions to pass along common information, such as target coordinates, using a standard

machine language. This creates a common information 'thread' so that critical information can be passed along from machine to machine more rapidly and without human error introduced in the process," said Col. Peter Axup, ESC Experimentation Division chief.

Along with integration within and between initiatives, another type of integration is equally and perhaps even more important - the integration between people. All of the JEFX success stories, such as Joint Targeting Toolkit, are directly attributable to the person-to-person interaction between engineers and operators. The JEFX '04 mandate defined by Air Force Chief of Staff Gen. John Jumper was specifically developed to capitalize on this dynamic.

"I urge you to focus your efforts on the things important to the operators. They are the experts with the process but not with the tools," said Lt. Gen. Bruce Carlson, 8th Air Force commander and JEFX Coalition Forces Air Component Commander. "But when a guy says something doesn't work, don't let him get away with it. Make him tell you why it doesn't work and exactly what he needs it to do."

Throughout Spiral 3 and including the previous spirals, the interaction has been robust and productive.

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Targeting toolkit makes strides

By Daryl Mayer
ESC Public Affairs

There is a reason the preliminary stages to Joint Expeditionary Forces Experiment are called spirals.

"JEFX is a validation of the spiral development process," said Maj. Joseph Murphy, Spiral 3 team leader for Electronic Systems Center's C4ISR Enterprise Integration office Experimentation division.

Under spiral development, products are developed, tested and put into use to deliver capabilities as soon as they are available. Then as improvements are made, they too are fielded and thus capabilities enhanced.

A case in point is the Joint Targeting Toolkit.

This set of modules is designed to help targeteers in the Air Operations Center develop a product called the Joint Integrated Prioritized Target List, which will be used by air planners to

build Air Tasking Orders and dispatch aircraft, said Doug Allpress, JTT lead engineer from Northrop Grumman Defense Mission Systems.

Joint Targeting Toolkit offered a fully integrated tool that already had the accreditation to operate at all levels of command as well as in a coalition environment.

The problem is the version used in JEFX Spiral 2 didn't work very well.

"JTT version 2.3 was slow, couldn't handle big lists of data and was very frustrating for the operators," said Maj. Bob Steindl, ESC's Spiral 2 team leader. "Users were asking, 'We know ESC is planning to use JTT version 3.0, for Spiral 3 but what confidence do we have that it will work?'"

Fortunately for the engineering team, the previous JEFX spirals had put them in contact with just the people who knew what JTT should be able to do. With plenty of feedback from op-

erators in hand, the engineers went to work to ensure JTT would be ready for Spiral 3.

"We built in a lot of user input into the design, and the result was a great success and a much better tool," said Mr. Allpress.

Capt. Nathan Rabe, deputy chief of Target Development for Spiral 3 and one with targeteer experience in the former CAOC at Prince Sultan AB, Saudi Arabia, concurs.

"I wasn't sure what to expect because of what happened in Spiral 2 and my own experience with older versions of JTT," said Captain Rabe. "This time has been much better."

JTT now has the same feel, from a user's perspective, as the system currently in use in AOCs. "It still has some room for improvement to incorporate more functionality, said Captain Rabe. "But they are definitely heading in the right direction."

one team working toward a common goal, and synergy ensues.

"At first we may not understand one another, but once we learn each other's language, we can get down to work," said Mr. Corsetti. "The good news is we are here mixing it up so we can do just that."

The results are vitally important.

"The entire team — operators and engineers, military, civilians and our industry partners — have done an incredible job preparing for this experiment. Their hard work shows the benefit of these collaborative efforts," said Lt. Gen. Chuck Johnson, ESC commander. "We are putting our nation and our Air Force in a winning position for the future."

Redesignated

Headquarters Eighth Air Force announced the creation of a new detachment as part of an ongoing effort to transform itself to meet post-9/11 challenges and the Global War on Terrorism.

Det. 1, Headquarters Eighth Air Force consists of the Air Force Network Operations and Security Center, intelligence support personnel, and a Net Attack staff. The move came about to provide a more solid and independent structure for the organization as it moves toward the goal of commanding and controlling Air Force networks and assisting in the planning, integration, and presentation of NetA capabilities to operational commanders.

Prior to the standup of the detachment, out-of-hide assets from various squadrons were used to maintain and protect Air Force networks. Today the organization oversees major command network operations and security centers functions, handles network attack detection and restoration, and serves as a focal point for Air Force-wide computer network operations.

As the mission of the organization expands to encompass more of the networks used by Air Force and Joint forces, Det. 1, will continue to evolve to meet the needs of warfighter.

● SPIRAL, from page 6

"JEFX affords us a tremendous opportunity, and we do see it as an opportunity," said Colonel Axup. "We don't often have the chance to get our engineers out on the floor to work side by side with operators and see how the tools are being used. That's when we really make strides."

When experts of all stripes are brought together as part of JEFX, they become

Airman gets Purple Heart for combat valor

By Airman 1st Class Katie Booher
Minot Air Force base Public Affairs

MINOT AIR FORCE BASE, N.D. – On a routine patrol in Bagram Afghanistan, two 5th Security Forces Squadron Airmen faced the reality of war during a life and death situation March 13 when one of them stepped on a land mine.

Airman 1st Class Joshua Beach is credited by the U.S. Army Task Force 44 combat surgical hospital with saving the life of Airman 1st Class Anthony Pizzifred who lost part of his leg in the incident.

Airman Beach received the Purple Heart medal and the Air Force Achievement medal during a ceremony Monday. Airman Pizzifred received his Purple Heart and Air Force Achievement Medal from the Gen. John Jumper, Air Force Chief of Staff, and Dr. James Roche, Secretary of the Air Force, March 24 at Walter Reed Army Medical Hospital in Washington D.C. where he has been receiving treatment.

“He was on the base patrol, and I was on the perimeter patrol,” Airman Pizzifred recalled. “We would drive up and down the perimeters and sometimes get out and look at certain things. Our whole job was to keep the Afghans away [from the base].”

Although Airmen Beach and Pizzifred were on two separate patrols with two other Airmen, they pulled up next to each other in their Humvees, parked and decided to walk the perimeter of the fence line together, said Airman Pizzifred.

“Beach’s and my partner stayed in the Humvees because they were brand new but he and I had been there for a while. We had about two weeks before we were going to leave,” he said. “The area we patrolled had been



Airmen 1st Class Joshua Beach and Anthony Pizzifred, 5th Security Forces Squadron, talk about their experiences in Afghanistan. Airman Beach is credited with saving the life of Airman Pizzifred and was honored recently.

previously cleared [of land mines]. We had walked it probably 50 times, although there had been an earthquake the night before. Some people say that earthquake may have shaken the ground [and stirred things up].”

Airman Pizzifred, who returned to Minot to be the proffer for Airman Beach’s ceremony, said the pair walked out about 30 meters and were on their way back when he stepped on the mine.

“We were coming around a big berm when I stepped on it,” he said. “[Neither one] of us realized what had happened; there was dust everywhere. Airman Beach got hit with two pieces of shrapnel, but he brushed it away not knowing what it was. I started screaming for him because I couldn’t see anything because of the dust. Then he said ‘Piz, Piz’ and finally he came up, and I looked down at my leg and my foot was off.”

Airman Beach started immediate self aid and buddy care to help his partner until the medics arrived.

“I took off my [bullet-proof] vest

and my desert camouflage top, then I used my undershirt and tied it around his leg,” Airman Beach said. “We were at an ammo site and a couple of [Army soldiers] popped their heads over the berm and I told them to call for help. One came back and helped me drag Airman Pizzifred to a big concrete block where we knew it was safe.”

It wasn’t long after they got Airman Pizzifred to the concrete slab when the fire department showed up to help.

“I stepped back and let them take care of him,” Airman Beach said. “Then I got into the ambulance with him and went to the hospital where they X-rayed my head and Airman Pizzifred went into surgery.”

After surgery, the two Airmen, along with Tech. Sgt. Mark Semm, also deployed with the 5th SFS, left Bagram on a military plane for Landstuhl, Germany, so the Airmen could receive more medical attention.

“I was in a coma for four days, but Josh stayed with me the whole time

New unit



An honor guard member carries the flag of one of 8th Air Force's newest units, the 608th Strategic Operations Squadron, during the activation ceremony here June 21. Gen. Bruce Carlson, 8 AF commander, and Lt. Col. Les Navarro, the new unit's commander, middle, look on. (Photo by Airman 1st Class Sonya Padilla)

● VALOR, from page 8

until we got to the States," Airman Pizzifred said. "The only thing I was told was that when I woke up people were asking me 'do you now him, do you know her?' and [even though my mom was there,] the only person I recognized was Josh."

After their weeklong stay in Germany, the Airmen were flown to Walter Reed Army Medical Center. Airman Beach left three days later, but Airman Pizzifred is currently still in the hospital there.

"The day after Airman Beach left, I was put in Ward 57 — the amputee ward," Airman Pizzifred said. "I started physical therapy and it's different. I stepped on the mine March 13 and got my first prosthetic a month later. Since then, they've been teaching me how to walk and how to run."

Although both Airmen have been changed forever, they each have hope for their futures.

"I'm still at Minot and I've started back to work," Air-

man Beach said. "I'm back doing general security stuff, but I'm glad to be back."

Airman Pizzifred is looking forward to hopefully returning to active duty, possibly even in the security forces career field.

"I'm going back to Andrews [Air Force Base, Md.] in the next few weeks and then I'm waiting on my medical board to go through," he said. "While I'm on medical hold, I'll be helping out in the cop squadron so I stay in the security

forces mind frame."

In the end, Airman Pizzifred said although the accident was terrible, he was glad the situation happened the way it did.

"I'm glad [Airman Beach] was trained, and I'm glad it was him and not someone else [who was with me,]" he said. "[The situation's] kind of weird. It's something only Josh and I could know about; nothing any of our friends could ever think about. We'll know each other forever now."

Expert fights battle of the bulge and retention

By Tech. Sgt. Jeff Loftin
8th Air Force Public Affairs

BARKSDALE AIR FORCE BASE, La – Fighting the battle of the bulge could also help the services fight the retention battle, according to one fitness expert here.

Patricia Brinkley Childers, who teaches 11 of the 15 aerobic classes offered by the Barksdale Fitness Center, not only ties the two battles together, but has come up with a plan to win both.

“Gen. (Richard) Myers (chairman of the Joint Chiefs of Staff) wrote me a long letter and said he had copied my program and had sent it to the chiefs of each of the different branches,” said Mrs. Childers. “I had already sent a copy to them, so I have it coming up from the bottom and coming down from the top. I have also heard from the Governor of Texas who is sending it on to the adjutant general for possibility of a statewide program.”

Mrs. Childers said she noticed the Department of Defense was millions each year on recruits who separated within the first six months of enlistment due because of an inability to meet physical requirements. The Navy veteran came up with a program to help educate civilians 12 to 18 years old on the military and encourage careers in the services.

“They learn all about the different cultures of the different branches, what they



Patricia Brinkley Childers, left, runs with her class at her weekend warrior bootcamp here June 26. Childers hopes her class will help services with retention. (Photo by Amn. Tabith Wininger)

stand for, how to recognize rate and rank,” she said. “They can decide what rank and rate they want to shoot for, whether they want to become an officer or go enlisted.”

“It’s also them learning exactly what the physical fitness requirements are and going through a weekly boot camp class so they can pass the physical fitness,” she said. Mrs. Childers tries to bring the group on base once a quarter to exercise with active-duty members to help mentor the children.

“We will take them through the whole process of identifying exactly what they want to do in the military and which branch,” she said. “So, by the time we take them recruiter when they’re 18 they know exactly what they want to do. They have no questions on what boot camp is going to be about and if they will pass it. Hopefully, we would have already weeded out those who

don’t have the ability and are not quality people for the military.”

The program would also encourage loyalty and teach core values. “The basics of the mentoring program are core values, leadership skills, and patriotism,” she said. “Patriotism to me is a lot lower now than when I was a child. Through my program I hope to gain at least a small group across the United States to instill patriotism.”

The battle plans are still being reviewed on that front, but the war is already ongoing in the battle of the bulge.

Mrs. Childers, a former faculty member of the American Council on Exercise, teaches several classes that are highly attended by members of the “Mighty Eighth”. Two of the classes are more military oriented and when combined become the boot camp class she holds quarterly with those in the civilian program. Several have seen much

improvement in fitness scores through the classes.

“Patricia’s class stimulates me mentally while exercising my body,” said Capt. Shannan Starling, 8th Air Force. “Her class has helped me achieve my fitness goal of a 90 on the FIT, which is a huge improvement from my original score.”

Mrs. Childers said unit PT shouldn’t be your only fitness training. “For a person who is not fit, it’s a good place to start,” she said. “Once people have done that for about a month, they need to move on to a higher level. The people who are in the 70th percentile are going to remain there unless they get something that pushes them a little bit harder.”

“When it (unit PT) is led by somebody who isn’t really into fitness, number one it may not be as safe as it should be. Number two, they won’t be as motivating because they don’t really enjoy it themselves. Number three, you want someone who is really concerned about those people excelling,” she said.

Mrs. Childers said the goal in the battle of the bulge is to develop healthy lifestyles where people want to exercise and be physically fit.

“There is less time off. They feel better. They do better at work. They look better in their uniform. They present themselves better, and that’s what you want for everybody in the military,” she said. “You want to develop an interest, which requires it to be fun.”